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Conclusion

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All experts who deal with the mental health of children and adolescents as psychiatrists, psychologists, social educators, teachers, professors, social workers and others, should consider reasons why young people feel unhappy, anxious and insecure. According to the laws of adolescent development, we know that some adolescents are more or less experiencing such feelings. If a young person could choose between constructive activities/groups and cultic groups, they would mostly chose the constructive ones. To help young people grow up, the parents should not lose sight of the imperative need of setting limits, which means that proper parenting implies an important role of parental authority. Of course, as the child is younger and less mature, there is the need for greater authority. As the child grows older, more responsible and mature, the authority should decrease.